HNC Sport and Exercise Science (Coaching Science)

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Subject	Level	Study Mode	Duration	Start Date
Sport and Exercise Science	HNC (Level 4)	Full-Time	1 year full-time/2 years part-time	September 2027

The Course

Are you looking to continue your education through applied learning? This HNC in Sport and Exercise Science (Coaching Science) is ideal for you. It provides a wide-ranging study of the Sport and Exercise Science sector, allowing you to develop a broad understanding of the key disciplines including psychology, anatomy and physiology, nutrition, training, fitness, testing and biomechanics.

Course Aims

- Enable you to demonstrate a sound knowledge of the basic concepts of Sport and Exercise Science. Ensure that you can communicate accurately and appropriately and that you have the qualities needed for employment that requires some degree of personal responsibility. Develop your transferable skills to ensure effective team working, independent initiatives, organisational competence and problem solving strategies. Allow you to be adaptable and flexible in your approach to Sport and Exercise Science, show resilience under pressure, and meet challenging targets within a given resource.

What You Will Study

- Fundamentals of Sport and Exercise Psychology
- Anatomy and Physiology
- Biomechanics
- Nutrition
- Training, Fitness, Testing
- Community Coaching
- Coaching Practice and Skill Development
- Professional Skills

Entry Requirements

You will need:

A minimum of 48 UCAS points

Plus

GCSE English 4 or above or equivalent

A suitable reference

UCAS points may be from qualifications such as T Levels, A Levels, BTEC Level 3 Extended Diplomas, Access to Higher Education Diplomas, and City and Guilds Advanced Technical Diplomas amongst others. Please use the UCAS Tariff points calculator to determine the UCAS points value of your qualifications.

Life and/or experience of non-traditional students will be taken into account when considering applications. The successful completion of an entry task may be required when considering applications without the required formal entry qualifications.

If an applicant's first language is not English, or a Tier 4 student visa to study is required and GCSE English at grade 4/C or equivalent is not held, they will need to evidence their English language proficiency level, such as International English Language Testing System (IELTS) 6.0 overall (with a minimum 5.5 in each skill).

Teaching and Learning Approach

This programme is delivered with a variety of learning and teaching approaches to include all students' learning styles and preferences. For all modules, theory lectures are delivered that aim to deliver the core content and provide the underpinning knowledge. To complement the theory lectures, you will have group seminars/practical sessions that are used to reinforce concepts delivered theoretically. The teaching methods focus on facilitating a student centred approach to enhance the independent learning that takes place outside of the classroom.

Time Required on Campus

The full-time pathway includes approximately 17 hours contact time per week, encompassing lectures, seminars, practicals and tutorials. You are also expected to carry out a significant amount of private study in addition to contact time (25-30 hours a week). The part-time pathway includes approximately 9 hours contact time per week, encompassing lectures, seminars, practicals and tutorials. You are also expected to carry out a significant amount of private study in addition to contact time (12-15 hours a week). Wednesday afternoons are reserved as part of the Football Coaching Academy, so that if you have a passion for coaching you have the opportunity to access our college football teams to apply your academic knowledge through practical coaching. You can expect to receive your timetable during induction week.

Work Experience

Relevant extra-curricular activity and/or work experience is encouraged of all students in order to enhance learning.

How You're Assessed

Assessment includes written assignments, seminars, poster presentations, practical coaching or role-plays, reports, portfolios, case studies and presentations. Some elements may be assessed by formal examination. Opportunities for feedback on assessments are available prior to the final submission to support your development and achievement. Staff aim to return assessed work within a 20 working day timeframe (not including holidays) so that you can most benefit from the feedback.

Clothing, Equipment and Additional Costs

- You may need to complete an enhanced DBS check to fulfil a voluntary work placement.
- Sports kit is available for purchase from our online shop at your discretion (cost will vary depending on kit purchased: approximate cost &pound 100).
- A range of additional qualifications, short courses and study tours/trips maybe offered at additional cost.
- On successful completion of the programme, you will have the opportunity to graduate at a ceremony wearing formal dress. The hire of the formal dress is an additional cost.

Progression

The programme is designed to enable you to progress to the Level 5 (second year stage) of a relevant course. The BSc Sport, Coaching and Development programme is available at University Centre Bishop Burton.

Careers

Upon graduating from this programme you could follow a career in sports coaching, sports development, sport or fitness duty management or activity leadership.

Financial Information

Find the full details of the fees associated with this programme and the financial support available on our https://www.bishopburton.ac.uk/degree-level-courses/information/fees-and-finance.

How to Apply

To apply, scan the QR code at the top of this page!

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